

Q: I have signs of bed bugs. How can I find them?

A: Bed bugs can live in even the cleanest homes. Look for bed bugs in mattresses, pillow seams, curtains, couches, drawers and other furniture corners. If you want to check seams, swipe a plastic card while holding a piece of paper. If bed bugs or eggs are hiding there, they will fall on the piece of paper. Bed bugs are small and can hide in many places around your home. You may not be able to find one, but if you have any of the listed signs, you might want to call a professional who can help.

Q: I think I have bed bugs because I have signs or I found one. Now what?

A: If you find a bed bug, or have signs of bed bugs in your home, immediately contact your environmental health officer, Rick Pascoe, at 867-473-2676 or RPascoe@gov.nu.ca, or your Igloolik Housing Association contact, Dana Barker-Sheaves, at 867-934-8917 or ig_manager@qiniq.com.

Q: What can I do if I find bed bugs in my home?

A: There are many things you can do to help get rid of bed bugs in your home.

- Clean up your house by organizing clutter to make sure bed bugs don't have more places to hide.
- Vacuum all possible places with bed bugs, like carpets, floors, furniture, cracks, corners, mattresses, box springs and bed frames every day. Empty the vacuum into a sealed plastic bag and throw the bag in your outside garbage right away. Wash the vacuum nozzles and brushes in hot water and detergent. Use a scrub brush to remove bed bugs and eggs from any seams or creases in your house.
- Heat kills all life stages of bed bugs. Wash bedding and clothing in hot water using laundry detergent, or put non-washable items in a dryer for at least 30 minutes at a hot temperature. You can also use a steam cleaner on furniture and floors, or a hair dryer to try and kill any life stage of a bed bug. Remember that the temperature has to be 49 degrees Celsius for this to work.
- Put clean clothes in sealed plastic bags until you are ready to wear them. This will help get rid of bed bugs in your home.
- Freezing also kills all stages of bed bugs. You can put furniture and clothes, bedding, pillows and cushions outside in a plastic bag or bin for three days to kill bed bugs and eggs. Remember that the temperature has to be -15 degrees Celsius for this to work.
- Use double-sided tape or petroleum jelly (Vaseline) around the bottom of your furniture to stop bed bugs from climbing onto a new place.
- Seal any cracks or holes in your baseboards, furniture or walls.
- Consult with your environment health officer about other control options.

Q: What steps can I take to avoid spreading bed bugs outside my home?

A: You can take steps to not spread bed bugs outside your home by:

- Keeping your belongings stored separately at work, school or social gatherings. You can bring a plastic bag or bin to help seal your items.
- Putting clean clothes in sealed plastic bags until you are ready to wear them. This will help control bringing bed bugs outside.
- Changing into fresh clothes when you get to work, school or social gatherings, and changing back before you go home.
- Doing a daily inspection of backpacks, purses, lunch boxes, and other items that you take with you to and from home. They should be cleaned and sealed in plastic bags or containers to prevent bed bugs from getting into them at home.